

PREVENTION

To Keep Warm
Remember
the word C-0-L-D

Cleanliness and Care
Feet, socks, and clothing are warmer
when clean.
Proper care of the feet is imperative.

Overheating
Wearing too much clothing
causes overheating, perspiration,
dampness, and coldness.

Layers and Looseness
Clothing in loose layers assures air spaces
which hold body heat. Adjust the number of
layers to the temperature and activity. Loose
fitting clothing insures circulation and
insulation.

Dampness
A wet garment is a cold garment. Wear the
field jacket as a windbreaker and to repel
water.

First Aid Treatment
Get off your feet, change to warm, dry
clothing and seek medical assistance. DO
NOT RUB & DO NOT USE SNOW

Estimated wind speed (MPH)	Actual Thermometer reading (F)											
	50	40	30	20	10	0	-10	-20	-30	-40	-50	-60
calm	50	40	30	20	10	0	-10	-20	-30	-40	-50	-60
5	48	37	27	16	6	-5	-15	-26	-36	-47	-57	-68
10	40	28	16	4	-9	-21	-33	-46	-58	-70	-83	-95
15	36	22	9	-5	-18	-36	-45	-58	-72	-85	-99	-112
20	32	18	4	-10	-25	-39	-53	-67	-82	-96	-110	-124
25	30	16	0	-15	-29	-44	-59	-74	-88	-104	-118	-133
30	28	13	-2	-18	-33	-48	-63	-79	-94	-109	-125	-140
35	27	11	-4	-20	-35	-49	-67	-82	-98	-113	-129	-145
40	26	10	-6	-21	-37	-53	-69	-85	-100	-116	-132	-148
(wind speeds) greater than 40 MPH have little additional affect	<u>Normal</u> Precautions Range (Little danger for the properly clothed person)				<u>Extra</u> Precautions Range (Increasing Danger)				<u>Extreme</u> Precautions Range (Great Danger)			